



# Caregiver Corner

City of Alexandria  
Division of Aging and Adult Services

*"Let us be grateful to people who make us happy; they are the charming gardeners who make our souls blossom." ~Marcel Proust*

## Caregiver Tip for November

This month, we celebrate National Family Caregivers Month. As a caregiver, it's easy to lose sight of blessings when one is immersed in their daily schedule and struggling to make it day to day.

This Thanksgiving step back from the chaos and think about all you have to be thankful for. Whether it's supportive friends and family, your faith, or lessons learned, it is a good time to reflect on the positive things in life.

Make a list of what you are grateful for and keep it with you to reflect on during the "not-so-good" times.

### Caregiver Support Group

**Wednesday, November 6, 2013**

**4 p.m.— 5:30 p.m.**

**Alexandria Adult Day  
Services Center**

## Resources

The City of Alexandria Department of Community and Human Services, Division of Aging and Adult Services is co-sponsoring the **27th Annual Caregivers Conference, "The Caregiving Journey – Smoothing out the Bumps in the Road"**, on Monday, November 11 from 8:00 a.m.-3:30 p.m. at the First Baptist Church of Alexandria, 2932 King Street, Alexandria. Individuals caring for or working with persons with dementia are encouraged to attend. For more information visit: [www.alexandriava.gov/Aging](http://www.alexandriava.gov/Aging) or call the Alzheimer's Association at 703.359.4440.

### **Open Enrollment for Medicare Part D (Prescription Drug Plans) and Medicare Part C (Medicare Advantage Plans) ends December 7.**

The cost and coverage of these plans may change every year. If you need assistance deciding which plan best fits your needs, call 703.228.1700 and ask to speak with a VICAP (Virginia Insurance Counseling Assistance Program) Medicare counselor.

To remove your name from our mailing list, please email [Terah.Chamberlin@alexandriava.gov](mailto:Terah.Chamberlin@alexandriava.gov)

Questions or comments? Email [Terah.Chamberlin@alexandriava.gov](mailto:Terah.Chamberlin@alexandriava.gov) or call 703.746.5999, Option 1



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